

SM NORTH INDIANS

T R A C K & F I E L D

VARSITY / JV

3:00 PM

THURSDAY, MARCH 24TH

TEAMS COMPETING.....BISHOP MIEGE, SM NORTHWEST, SM SOUTH, TURNER

RUNNING EVENTS

>>3:00 pm

1600..... 5 sections

BOYS

High Hurdles

GIRLS

100

BOYS

300 Hurdles

800..... 5 sections

200

GIRLS

4 x 400 Relay

FIELD EVENTS

>>3:00 pm

Discus GIRLS then

Shot Put BOYS then

Javelin GIRLS then

**Long Jump North pit - Girls
South pit - Boys**

High Jump Girls then BOYS

Pole Vault Boys then

Triple Jump same as the LJ

(Note ... no competition in the 400, 3200, or the ** 4 x 100 relay)

1. All track events will follow the..... Varsity girls followed by Varsity boys (3 entries)
After the varsity heats we will begin the JV heats with girls first and boys second.
2. One relay team in the 4 x 400 per school can be designated in the Varsity heat.
Again the Varsity girls' heat will be followed by the Varsity boys' heat.
3. Due to the fact that we host the North Relays I do not have paid timers or enough managers. Each school will be responsible for timing their own athletes. I will have three coaches and the finish line.
4. Please limit your athletes to the 100m or the 200m - BUT NOT BOTH !!!!
5. All throwing events will have flights of athletes who each have THREE throws.
6. All horizontal jumps will have flights of athletes who each have THREE jumps.
7. High Jump and Pole Vault will use the "five alive" method when possible.
8. The high hurdles will be run at 30 inches for the girls and 36 inches for the boys.